Therapeutic Resources During Pandemic: Tessa Jones ’14
Behavioral Health Counselor

<table>
<thead>
<tr>
<th>Category</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Articles</td>
<td>2</td>
</tr>
<tr>
<td>Podcasts</td>
<td>6</td>
</tr>
<tr>
<td>Ted Talks</td>
<td>7</td>
</tr>
<tr>
<td>Online Therapy</td>
<td>8</td>
</tr>
<tr>
<td>Self-Care &amp; Activities for the Family</td>
<td>9</td>
</tr>
<tr>
<td>Misc.</td>
<td>11</td>
</tr>
</tbody>
</table>
Articles

Creativity in a Coronavirus World
Can everyday creativity be a small silver lining during the outbreak?

Anxious about COVID? There's Only so much You can Control
If you are anxious please realize there is only so much you can control in life.

Too Much Togetherness?
Here’s How to Keep the People You Are Cooped Up with from Getting on Your Nerves

How You Can Get Ready to Date During COVID 19 Pandemic
While you are staying home you can still practice dating post-divorce

Relationship Resilience During COVID-19 Confinement
This is an ideal time to learn breakthrough communication skills.

How History Can Help Us Understand and Cope with COVID-19
Throughout history, we have gotten many diseases from animals. Here are lessons:

Strategies for Healthy Couples During Quarantine
Four Ways to Protect Your Relationship During the COVID-19 Crisis
https://www.psychologytoday.com/us/blog/the-minds-boys-and-girls/202004 стратегии для здоровых пар в период самоизоляции

Grounding a Coronavirus State of Mind
How to stop feeling frazzled and fragmented.

Why Watching Wildlife Programs Can Reduce COVID-19 Anxiety
Studies show how nature reduces fears right from your couch.
Coping in the Time of the Coronavirus
We will meet again.

Improving Boredom and Isolation With More Connection
A creative list for social engagement and purposeful activity during COVID-19

A Psychological Survival Guide for the Pandemic
How to emerge intact and maybe even better in some way

The Benefits of Brain-Boosting Hobbies
More mental stimulation could promote brain health and reduce dementia risk.

The Blessings of a Crisis
It is surprising to see the words "blessing" and "crisis" in the same sentence.

I Signed Up for Online Therapy. Here's What I Discovered
As a therapist, I have to say online therapy wasn't exactly what I expected.

56 Ways for Music to Help When Social Distancing
Music bind us together—and can assist in self-care.

A Simple Science-Based Way to Shift Your Family's Mood
Research suggests that parents can use music to influence their family's mood.

The Pandemic From a Meaning and Purpose Perspective
Part 2: Three early lessons about communicating about the pandemic.
3 Steps to Greater Peace of Mind During the Current Crisis
Powerful insights from research by psychologist Shauna Shapiro

30 Ways the Pandemic Has Changed Us for the Better
The coronavirus has altered our behavior, and in a good way.

Coronavirus Q&A from My Clients
Psychological and practical—but not medical—questions and my responses.

Resilience in a Pandemic
Lessons on fighting the pandemic from military psychology.

The Top 10 Stress Reducers in the Time of COVID-19
What are the steps you can take to calm your body and mind?

How to Cope With Uncertain Times
You can't change reality, but you can reframe it.

2 Ways to Regulate Your Emotions When Stress Gets to You
Which strategies are the most effective at helping you manage your emotions?

Lonely in Lockdown?
Here are three things to know about the loneliness epidemic.

Shared Trauma During a Pandemic
What happens when the patient and therapist both experience the same trauma?

7 Ways to Use the Current Crisis for Personal Growth
Although the pandemic is awful, some good may come from it.
5 Ways to Help Kids Manage Anxiety During the Coronavirus Pandemic
https://themighty.com/2020/03/anxious-kid-covid-19/

Coronavirus Anxiety Has Skyrocketed, With 85% More Worried About Life
Podcasts

Feeling Anxious or Worried? Listen to These 9 Podcasts

There are several fantastic podcasts that discuss anxiety and mental health.

https://www.psychologytoday.com/us/blog/calmer-you/202004/feeling-anxious-or-worried-listen-these-9-podcasts

- The Calmer You
- The Anxiety Guy
- The Overwhelmed Brain
- Selfie
- Oprah’s SuperSoul Conversations
- The One You Feed
- Not Another Anxiety Show
- 10% Happier
- The Anxiety Coaches

14 Podcasts for Social Distancing: From Home Cooking to Homeschooling:


The Best Podcasts to Listen to with Your Kids During the COVID-19 Pandemic:


18 fascinating nonfiction podcasts (that aren’t true crime)

Need a distraction? Try these podcasts that will take you away from coronavirus news and expand your knowledge of the world.

Ted Talks

How to Create Meaningful Connections While Apart
https://www.ted.com/talks/priya_parker_how_to_create_meaningful_connections_while_apart

How to be Your Best Self in Times of Crisis

The Gift and Power of Emotional Courage
https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage

You are Not Alone in Your Loneliness
https://www.ted.com/talks/jonny_sun_you_are_not_alone_in_your_loneliness

Everything Happens for a Reason – and Other Lies I’ve Loved
https://www.ted.com/talks/kate_bowler_everything_happens_for_a_reason_and_other_lies_i_ve_loved

What Investigating Neural Pathways Can Reveal About Mental Health
https://www.ted.com/talks/kay_m_tye_what_investigating_neural_pathways_can_reveal_about_mental_health
Online Therapy

Better Help
https://www.betterhelp.com/

Talk Space
www.talkspace.com
Self-Care & Activities

Self-Care During Quarantine:


Exercise.
Meditate.
Check out online self-help tools like TAO Self-Help.
Call a Friend.
Take a shower or a bath.
Get dressed up.
Make art.
Play or listen to music.
Limit your time online.
Put down your phone. Seriously.
Give yourself a break from the news.
Find a new hobby.
Engage in an old hobby.
Write your feelings in a journal.
Write a letter to someone you care about.
Pour yourself a nice cup of tea.
Try a new recipe.
Cook an old favorite.
Read a good book.
Take some time to re-organize.
Hang out with your pet.
Watch something new.
Watch something funny.
Watch your favorite film or show.
Take a virtual museum tour.
Make a list of things you’re grateful for.
Plan your next trip.
Learn a new skill.
Separate work from play.
Tell the people you love that you love them.
Change up your routine—don’t get stuck in a rut.
Find a way to help others.
Spend time with family if you are together.
Remember you are not alone.
List of Hobbies to Try at Home:

https://theeverygirl.com/hobbies-at-home/
Learn calligraphy.
Work out online.
Learn how to cook.
Practice meditation.
Pick up needlework.
Learn an instrument.
Paint.
Learn Photoshop.

Social Distancing Activities for the Family:

Going on a Bear Hunt:

6 Social Distancing Tips for Parents:
https://www.childrens.com/health-wellness/6-social-distancing-tips-for-parents

Sidewalk chalk positive quotes in the neighborhood.

Make cards for people in nursing homes and in the hospital.

Create a family FaceTime or Zoom session weekly.
Misc.

Word Games:
- Free daily crosswords here:  
- Generate your own crossword or word search
  - [https://mywordsearch.com/?gclid=CjwKCAjwssD0BRB1ElwAJP5rCbjYwZuGqh6yZ_EtLbYwEAHP_K93eRgK_i4GZcEK1fCcLwXzRVHAXoCzFgQAyD_BwE](https://mywordsearch.com/?gclid=CjwKCAjwssD0BRB1ElwAJP5rCbjYwZuGqh6yZ_EtLbYwEAHP_K93eRgK_i4GZcEK1fCcLwXzRVHAXoCzFgQAyD_BwE)

Daily Blob Tree Check-In:
- See Below
- Have each family member identify which blob they are and why they feel that way each day
  - [https://www.blobtree.com/](https://www.blobtree.com/)

Daily Feeling Check-In:
- See Below
  - [https://beautyandtheborderline.wordpress.com/2013/02/08/mindfulness-awareness-of-emotion/](https://beautyandtheborderline.wordpress.com/2013/02/08/mindfulness-awareness-of-emotion/)

Guided Meditation:
- Calm (Calm.com)
- Headspace (Headspace.com)
- YouTube (YouTube.com) (many free guided meditations)

Paint By Number

Puzzles

Daily Planning Routine:
- See Below:
  - Map out your day ahead of time so that you can manage time and set appropriate goals

Educate Yourself About Anxiety + Many More Resources:
Are You AWARE of How You Are Feeling Now?

AGGRESSIVE  AGONIZED  ANGUST
APOLLOGETIC  ARROGANT  BASIFUL  BLESSFUL
BORED  CAUTIOUS  COLD  CONCENTRATING  CONFIDENT  CURIOUS  DEMURE
DETERMINED  DISAPPOINTED  DISAPPROVING  DISBELIEVING  DISGUSTED  DISTASTEFUL  EAVESDROPPING
ECSTATIC  ENRAGED  ENVIOUS  EXASPERATED  EXHAUSTED  FRIGHTENED  FRUSTRATED
GRIEVING  GUILTY  HAPPY  HORRIFIED  HOT  HUNGOVER  HURT
HYSTERICAL  IDIOTIC  INDIFFERENT  INNOCENT  INTERESTED  JEALOUS  LOADED
LONELY  LOVestruck  MEDITATIVE  MISCHIEVOUS  MISERABLE  NEGATIVE  OBSESSIVE
OPTIMISTIC  PAINED  PARANOID  PERPLEXED  PRUDISH  PUZZLED  REGRETFUL
RELIEVED  SAD  SATISFIED  SHEEPISH  SHOCKED  SMUG  SULY
SURPRISED  SUSPICIOUS  SYMPATHETIC  THOUGHTFUL  TURNED-ON  UNDECIDED  WITHDRAWN
# Daily Planning

**Goal of the Day:**

**Day and Date:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Task</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 AM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 PM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>